

## MUST EAT SPARINGLY AFTER 40 YEARS OLD

The Habit of Big Meals in Middle Age Means Shortened Life.

After forty years of wear and tear the human body needs care for the preservation of health and energy and the prolongation of life. Some persons are in the prime of life at forty, but others show the first signs of age.

In the mid period of life there is often an increase in weight and tendency in some cases to obesity. A surplus of fat is beneficial in childhood and youth, provided that it is not excessive. During growing years plumpness is desirable, but after maturity fatness is not always an indication of fitness.

Wiry, muscular, energetic men remain young longer than fat men. Women naturally are provided with more fat than men, and in their case a slight embonpoint at middle-age is a mark of health.

Overeating and the injudicious use of alcoholic drinks in middle age shorten the lives of a host of people. Probably overeating causes more illness than free indulgence in stimulating drink.

At 50 many persons develop a new interest in the pleasures of the table. They regard the enhanced enjoyment of eating as a sign of vigor and indulge their desire for good dinners. Unless a middle-aged man takes constant exercise he cannot digest and assimilate his heavy meals. The result is increased blood pressure, self poisoning through fermentation of the digestive tract, and the beginning of senile decay.

After the fourth decade of life the body does not require the same amount of food that is needed in the years of growth and of constant activity. No sedentary middle-aged person can eat hearty meals habitually without impairing health and curtailing the span of years. The diet must be plain and digestible and the quantity eaten limited strictly to the repair of tissue expended in work.

Adding to the bulk of the body in middle age is risky. This does not mean that the diet should be Spartan. It must be simple and moderate. Fatty dishes tempt stout people to eat too freely. Copulence may be reduced by abstaining from fat meats, sugar, soups and bread. Breads and potatoes should be eaten rather sparingly. Fresh fruit and green vegetables may be taken regularly in moderation.

## HARVARD ASTRONOMERS IN SEARCH FOR COMET

Cambridge, Mass.—(N. S.)—Harvard astronomers are studying the plates made of the heavens in the region where Schumassner of Nice is reported to have discovered his new comet on July 18. An attempt is being made to certify the discovery of the new planet by Professors Bailey and King of the Harvard Observatory. A cablegram to the members of the Harvard observatory staff from M. Lepoint, director of the observatory at Uccle, Belgium, announced the discovery. The cablegram transmitted a message from the observatory at Uccle.

In a later telegram from M. Fayat received at the observatory, he says he finds that Schumassner's comet is identical with the comet known to the ancients as being advanced six and one-half days.

## TAKE PHOSPHATE WITH MEALS IN SUMMER-TIME

Your Nerves Demand It, Your Blood Needs It, Say Physicians.

There's not enough phosphorus in modern foods to benefit nearly one-half of the men and women of America, scientists declare.

To overcome this lack of an element of your body that is necessary to your health, your happiness and even your success in life, take Bitro-Phosphate, a run-down people are advised to take Bitro-Phosphate as dispensed in leading drug stores in the original package.

Speaking of people who are easily fatigued, who lack muscle and nerve and are often thin, weak and sadly lacking in firm, healthy flesh, Joseph D. Harrington, formerly Visiting Specialist, North Eastern Dispensary, says:

"Patients who were apparently physical wrecks, who foolishly thought they needed only a blood tonic to enrich the blood, have come for treatment trembling and shaking, their nerve force almost exhausted, and in many cases the administering of Bitro-Phosphate has produced seemingly magical results."

People who feel the heat of Summer, tire easily and often become irritable and depressed, will find Bitro-Phosphate an inexpensive and helpful friend. Druggists report a wonderful increase in the demand for men and women who are anxious to renew old-time ambition and who are making an honest effort to become vigorous and keen-minded with a power of endurance that denotes almost perfect health. They ask for Bitro-Phosphate because they know they need an inexpensive organic phosphate.—(Adv.)

## SAY "DIAMOND DYES"

Don't streak or ruin your material in dyeing. Use "Diamond Dyes." Easy directions in every package.

## GIRLS! MAKE A LEMON BLEACH

Lemons Whiten and Double Beauty of the Skin

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, shake well and add at any drug store, shake well and you have a quarter pint of harmless and delightful lemon bleach for few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day, then shortly note the beauty of your skin.

Famous stage beauties use lemon juice to bleach and in many soft, clear, rosy-white complexion. Lemons have always been used as a freckle, sunburn and blemish remover. Make this up and try it.—(Adv.)

## LOVELY HAIR

It's just as easy to have lovely hair yourself as it is to admire it in other people. You should use Nelson's Hair Dressing

The original and genuine high-grade hair dressing, famous for its long record of 25 years. All good drug stores in U. S. keep Nelson's.

See how to get genuine Nelson's. Nelson's Hair Dressing, Nelson's Hair Dressing, Nelson's Hair Dressing.

## Happiness, What is It, And When Does it Come?

London.—(N. S.)—British women are divided in their views upon Dr. Josiah Oldfield's statement that women are "happiest and best" after their thirty-first birthday.

Lady Edward Churchill says: "Most women have attained some position by thirty-five. Happiness then, though perhaps short of excitement, makes for contentment and peace of mind, which is felicity."

Emily Kinraid, of the British Y. W. C. A., says: "Happiness is a result, not an attainment—reaping after sowing. Expansion and hospitality of spirit; therefore, after thirty-five it can be more real."

Winifred, Countess of Argyll, says she things of happiness as being greater after thirty-five than in youth; consequently, under normal circumstances happiness may be fuller in middle age."

But Dame Clara Butt, the famous singer, believes the happiest time for woman is before she is forty years old. Dr. Mary Scharlieb, woman specialist, says happiness does not depend on age, but in ordering life in accordance to environment.

"In choosing your work and a husband it is necessary to consider permanent, taste and character," says Dr. Scharlieb. "Obey natural laws, do your duty, and you will secure happiness."

Mrs. H. B. Irving, social welfare worker, agrees with Dr. Oldfield, because what a woman really strives for she is generally well on the way to possessing by the time she reaches 35 years of age.

"By this age what we have really invested in our lives will be paying dividend, but we can expect to receive interest of the same nature as the capital expended," Mrs. Irving observes.

"The unhappy middle-aged woman is generally one who has never made up her mind what she really wants."

Lady Beaumont, of the Marriage Defense League, thinks that the happiest time of a woman's life is up to thirty-five, for that time general brings marriage, children and the responsibility of a home.

"I am not looking forward to the time when the children will be no longer dependent absolutely on 'mother,' with their questions to answer, their health to look after and their education to forward," she said.

Miss Linda Hageby, social welfare worker, considers Dr. Oldfield's statement as "another of these wild generalizations about women with which the world abounds."

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## White Goods Economy

August Sale — Unheard of Prices Will be Given in This Department.

40-inch plain Voile; 79c value; Special

59c

36-inch Seed Voile; 79c value; Special

59c

36-inch Fancy Voiles; \$1.00 value; Special

49c

45-in. White Organdie; \$1.98 value; Special

\$1.49

45-in. White Organdie; \$1.89 value; Special

\$1.39

36-inch Nainsook; 65c value; Special

39c

40-in. Striped Organdie; \$1.79 value; Special

\$1.49

36-inch Nainsook; 39c value; Special

\$1.29

36-inch Colored Linen; \$1.98 value; Special

\$1.49

36-inch colored striped and checked Handkerchief linen; \$2.25 value; Special

\$1.59

39-inch White Linen; \$2.00 value; Special

\$1.39

36-inch Handkerchief Linen; all linen; Special

\$1.39

36-inch Handkerchief Linen; half linen; Special

\$1.00

18-in. half linen Crash; 39c value; Special

29c

Special Sample Lot of Fine Spreads to be Sold Out at Cost.

One odd lot of large size Bed Spreads; \$5.75 Special

\$2.98

Ready-Made Sheets; 72x99; Pequot Sheets; \$3.50 value; Special

\$2.85

81x90 Pequot Sheets; \$3.50 value; Special

\$2.85

Japanese Table Covers

54x54 Japanese Table Covers; \$3.98 value; Special

\$2.98

63x64 Japanese Table Covers; \$5.48 value; Special

\$3.25

72x72 Japanese Table Covers; \$6.48 value; Special

\$3.98

## Cotton Goods Department

Wednesday Special Clean-Up

All Voiles ranging from \$1.00, \$1.50, \$2.00 per yard; close out

50c

All 59c Voiles; fancy and plain; close out

25c